

## **CHAPTER 6**

# **HEALTH**

### **A. SERVICES PROVIDED BY THE DIVISION OF HEALTH**

The Division of Health, (208) 334-5945, of the Idaho Department of Health and Welfare has headquarters in Boise. It provides support services to the seven district health departments with offices throughout the state. Jointly, they are responsible for many programs providing preventive health services and communicable disease control. The spread of communicable disease is prevented by providing: (1) vaccines and immunization services against the vaccine-preventable childhood diseases for infants from the age of six weeks; (2) adult diphtheria and tetanus immunizations and boosters; (3) advice on the diseases travelers may encounter overseas; (4) the identification and contact tracing of most communicable diseases including tuberculosis, hepatitis, sexually transmitted diseases and other diseases transmitted from one person to another; and (5) education on how to prevent acquiring these diseases.

Other services provided include dental hygiene education, nutrition programs, food supplements (WIC program), diagnostic and rehabilitative services for children's special health problems (CSHP), clinics for sexually transmitted diseases and tuberculosis outpatient clinics. There are also health promotion/disease prevention programs which include heart disease and diabetes risk reduction, tobacco prevention and control, breast self-exam and mammography services and rape prevention education. All services are available throughout the state. Local health departments, hospitals, private clinics and some doctors' offices also provide educational programs on these and other medical subjects.

Advice on family planning, contraception and infertility, as well as direct clinic services, are available statewide. Charges for these services are based on your ability to pay and a moderately detailed financial history will be required. Check with your district health department for the availability of services and their costs. Pregnancy testing is also available. When tests are positive, referrals for prenatal care are made.

Most sexually transmitted diseases are treatable and many are completely curable with antibiotics. Some, such as herpes, can be treated to decrease symptoms and complications but cannot be completely cured. If you believe you may have such an infection or may possibly have been exposed to such an infection, contact your district health department outpatient clinic or your private physician for information, advice and services as necessary. In Idaho, any individual 14 years of age or older can be treated for a communicable disease without parental notification.

There can be medical and surgical complications associated with sexually transmitted diseases. Babies can be infected during pregnancy with syphilis, herpes, chlamydia and the virus which causes AIDS. Some sexually transmitted diseases cause infection of the woman's fallopian tubes, with occlusion and sterility resulting. A reminder here is that although the pill can protect from pregnancy, it does not protect from sexually transmitted diseases including AIDS. Condoms only partially protect against these diseases.

### **B. REPORTABLE DISEASES**

Physicians, hospitals and laboratories must report certain communicable diseases to the Bureau of Clinical Preventive Services or to district health departments. As of March, 1986, AIDS disease and positive human immunodeficiency virus (HIV) antibody tests, the full-blown AIDS disease, AIDS-Related Complexes (ARC's), which are the intermediate stages of the disease, and positive human immunodeficiency virus (HIV) antibody tests, must be reported so that contact investigations and adequate counseling of the presumably infectious persons can be undertaken. Along with hepatitis B, syphilis, gonorrhea and chancroid, AIDS and the positive HIV antibody are legally considered venereal diseases. It is unlawful to knowingly expose another person to HIV.

Testing for exposure to the HIV virus is available through all district health departments, Planned Parenthood of Idaho and private physicians. District health departments frequently charge a small blood-drawing fee, which can be waived. If you, or anyone you know, feel that you or they may have had contact with the virus in any way, or if you wish to have a prenatal or premarital blood test, check with any district health department, Planned Parenthood or your private physician. Great care is taken to maintain confidentiality of all information. Individual counseling is available on the significance of the test prior to any blood being drawn and as much counseling as the patient desires is available in the case of a positive test. Repeated counseling is always available if additional questions arise.

### **C. TEENAGE PREGNANCY**

An unintended pregnancy is the responsibility of both the boy and the girl, but the primary consequences affect the girl. If you find yourself pregnant, get help at the earliest possible time. Discuss your pregnancy with a reliable source, for example, with your family,

clergy, doctor, district health department or Planned Parenthood of Idaho. Get prenatal counseling as early as possible. Financial help is available from a variety of sources and information is available on those sources from your district health department and various church pregnancy counseling centers throughout the state. The Salvation Army maintains Booth Memorial Home, 1617 North 24th Street, Boise, Idaho, telephone number (208) 343- 3571, for unwed mothers. A school, seventh through twelfth grades and a clinic are on the site. For further information, contact your nearest Salvation Army office. Also see Chapter 9, section F for paternity information.

Some school districts provide special programs for teen parents. Contact your local school district for local availability.

See Chapter 2, section C in this booklet for discrimination in education based on marital or parental status. Also, see Chapter 4, section G for paternity information.

## **D. ABORTION**

In the 1973 ruling *Roe v. Wade*, the United States Supreme Court ruled that abortions are legal throughout the United States within certain guidelines. Following those guidelines, the Idaho Legislature defined the laws for this state.

In the first trimester, any woman may choose an abortion. In the second trimester, a woman may choose an abortion in cases of fetal defects or threats to the women's health or life. In the third trimester, a woman may choose an abortion only if two physicians concur that it is necessary to save the life of the woman or that the fetus would be unable to survive after birth. Abortions must be performed by a licensed physician. In the first trimester, they may be performed in a clinic or physician's office. In the second trimester, they must be performed in a hospital or surgicenter. In the third trimester, they must be performed in a hospital.

Women must be counseled about abortion and about other options 24 hours before the procedure is performed. If the woman is unmarried and under age 18, physicians must obtain one parent's written consent before an abortion procedure. Minors who do not feel they can obtain that consent may be able to ask a judge for consent to have the abortion. No notification or consent is required for husbands or partners.

## **E. STERILIZATION**

Voluntary sterilization for both men and women is legal throughout the United States. Contact your district health department, Planned Parenthood of Idaho or a private physician for information.

Involuntary sterilization is legal only after approval by the court. A court hearing which includes testimony by professional experts and other witnesses is required.

## **F. NATURAL DEATH ACT**

The Idaho Legislature passed the Natural Death Act to allow patients with a terminal condition to have life-sustaining procedures discontinued when they are unable to instruct their physician to stop such procedures.

Many people are concerned that they will not be able to control decisions about their health care if, as a result of injury or illness, they are unable to communicate with their health care providers. Advance Directives, such as Living Wills and Durable Powers of Attorney for Health Care, are legally enforceable documents through which an individual can control health care decisions that may arise in such circumstances.

In a Living Will you can specify your choices regarding the use of life-sustaining medical treatment in circumstances where you may be suffering from an incurable injury, disease or illness, a terminal condition, or if you are in a persistent vegetative state.

In a Durable Power of Attorney for Health Care you can appoint a person to make health care decisions for you if you are not able to make the decisions for yourself.

A Living Will and Durable Power of Attorney for Health Care may be prepared at any time. Forms are available at many medical centers or ask an attorney.

## **G. SMOKING**

### **1. CLEAN INDOOR AIR ACT**

The Clean Indoor Air Act was enacted to protect the public health, the environment and the rights of nonsmokers to breathe clean air. The Legislature passed this law (Idaho Code, 39- 5501 through 5509) restricting smoking in public places and at public meetings to designated smoking areas. Smoking is prohibited in elevators accessible to the public. Violators are subject to fines not to exceed \$50.

## **2. CHILD SMOKING LAW**

This law prohibits those under the age of 18 from purchasing, possessing or consuming tobacco products. Many schools offer substance abuse classes for juvenile offenders cited for breaking these laws. Those who sell tobacco and alcohol to minors can be cited. These citations carry a maximum fine of \$1000 and six months in the county jail. It is considered a misdemeanor. It also provides a gradual phaseout of vending machines accessible to minors.

It is unlawful for anyone to sell or distribute tobacco products to minors, and a violation is also considered a misdemeanor.

## **H. ORGAN DONATION**

Idaho law provides that anyone who is at least 18 years old may donate their organs, limit donation of their organs, or refuse to donate organs. The donation must be made by a document signed by the donor, or by another person and two witnesses who have signed at the donor's direction and in his or her presence. However, a notation on a driver's license or identification card that a person wishes to be a donor is sufficient to make that donation.

A person may revoke or amend the organ donation gift by a signed statement, by an oral statement in the presence of two witnesses, by any communication during a terminal injury or illness to a physician or surgeon, or by delivery of a signed statement to a specific donee who has received a document of gift. However, the gift must be revoked before death.

## **I. HEALTH SERVICES AVAILABLE IN IDAHO**

### **1. THE PUBLIC HEALTH DISTRICTS**

The seven Public Health Districts in Idaho provide education, information referrals and a variety of health services throughout the state. The following is a list of the District county offices.

#### **PANHANDLE DISTRICT (I)**

Bonner Panhandle Health District  
1020 Michigan Street  
Sandpoint, ID 83864  
Phone (208) 263-5159

Benewah Panhandle Health District  
711 Jefferson  
St. Maries, ID 83861  
Phone (208) 245-4556

Shoshone Panhandle Health District  
114 West Riverside  
Kellogg, ID 83837  
Phone (208) 786-7474

Kootenai Panhandle Health District  
2195 Ironwood Court  
Coeur d'Alene, ID 83814  
Phone (208) 267-5558

Boundary Panhandle Health District  
7402 Caribou  
Bonners Ferry, ID 83805  
Phone (208) 267-5558

#### **NORTH CENTRAL DISTRICT (II)**

Nez Perce North Central Health District  
215 10th Street  
Lewiston, ID 83601  
Phone (208) 799-3100

Latah North Central Health District  
333 East Palouse River Drive  
Moscow, ID 83843  
Phone (208) 882-7506

Idaho North Central Health District  
711 West North Street  
Grangeville, ID 83530  
Phone (208) 983-2842

Clearwater North Central Health District  
P.O. Box 1239  
Orofino, ID 83544  
Phone (208) 476-7850

Lewis North Central Health District  
P.O. Box 623  
Kamiah, ID 83536  
Phone (208) 935-2124

### **SOUTHWEST DISTRICT (III)**

Canyon Southwest Health District  
920 Main  
Caldwell, ID 83605  
Phone (208) 455-5300

Washington Southwest Health District  
46 West Court Street  
Weiser, ID 83672  
Phone (208) 549-2370

Payette Southwest Health District  
16 South Ninth Street  
Payette, ID 83661  
Phone (208) 642-9321

Gem Southwest Health District  
1008 East Locust  
Emmett, ID 83617  
Phone (208) 365-6371

Canyon Southwest Health District  
1223 7th Street South  
Nampa, ID 83651  
Phone (208) 465-8400

### **CENTRAL DISTRICT (IV)**

Ada Central Health District  
707 North Armstrong Place  
Boise, ID 83704  
Phone (208) 327-7400

Elmore Central Health District

620 East 8th Street North  
Mountain Home, ID 83647  
Phone (208) 587-4407

Valley Central Health District  
703 North 1st Street  
P.O. Box 1448  
McCall, ID 83638  
Phone (208) 634-7194

#### **SOUTH CENTRAL DISTRICT (V)**

Blaine South Central Health District  
P.O. Box 162  
Hailey, ID 83333  
Phone (208) 788-4335

Twin Falls South Central Health District  
1020 Washington Street North  
Twin Falls, ID 83301-3156  
Phone (208) 734-5900

Cassia South Central Health District  
2311 Parke Avenue, Suite 4  
Burley, ID 83318  
Phone (208) 678-8221

Jerome South Central Health District  
951 East Avenue H  
Jerome, ID 83338  
Phone (208) 324-8838

#### **SOUTHEASTERN DISTRICT (VI)**

Bannock Southeastern Health District  
1901 Alvin Ricken Drive  
Pocatello, ID 83201  
Phone (208) 233-9080

Bingham Southeastern Health District  
412 West Pacific  
Blackfoot, ID 83221  
Phone (208) 785-2160

Caribou Southeastern Health District  
55 East 1st South  
Soda Springs, ID 83276  
Phone (208) 547-4375

Oneida Southeastern Health District  
220 Bannock  
Malad, ID 83263  
Phone (208) 766-4764

Butte Southeastern Health District  
178 Sunset Drive  
Arco, ID 83213  
Phone (208) 527-3463

Bear Lake Southeastern Health District

455 Washington, #2  
Montpelier, ID 83254  
Phone (208) 847-3000

Franklin Southeastern Health District  
42 West 1st South  
Preston, ID 83263  
Phone (208) 852-0478

Power Southeastern Health District  
590 ½ Gifford  
American Falls, ID 83211  
Phone (208) 226-5096

## **DISTRICT SEVEN (VII)**

Bonneville District Seven Health District  
254 E Street  
Idaho Falls, ID 83402  
Phone (208) 522-0310

Fremont District Seven Health District  
45 South 2nd Way  
St. Anthony, ID 83445  
Phone (208) 624-7585

Jefferson District Seven Health District  
P.O. Box 177  
Terreton, ID 83450  
Phone (208) 663-4860

Custer District Seven Health District  
P.O. Box 608  
Challis, ID 83226  
Phone (208) 879-2504

Madison District Seven Health District  
314 North 3rd East  
P.O. Box 128  
Rexburg, ID 83440-0128  
Phone (208) 356-3239

Teton District Seven Health District  
30 West Depot Street  
Driggs, ID 83422  
Phone (208) 354-2220

Lemhi District Seven Health District  
104 South Daisy  
P.O. Box 280  
Salmon, ID 83467  
Phone (208) 756-2123

Jefferson District Seven Health District  
380 Community Lane  
P.O. Box 508  
Rigby, ID 83442-0508  
Phone (208) 745-7297

Clark District Seven Health District  
225 West Main

P.O. Box 71  
Doubois, ID 83423  
Phone (208) 374-5216